Coronavirus Update

In response to coronavirus, effective Wednesday, March 18, Providence Fitness Center at Kruse Woods is temporarily CLOSED.

We’ve determined this is the best course of action to protect our club members and caregivers. We will reopen once social distancing measures are no longer recommended in Oregon.

Thank you for understanding.

Month of April Free Virtual Exercise Classes

During these times it’s important to keep your immune system strong and protect yourself with simple healthy habits like sleeping enough, eating well, and maintaining regular exercise. To keep you on track, during the month of April, we are offering Free online classes taught by our instructors and personal trainers. Scroll down to see the current Class Schedule, Class Descriptions and information.
Pilates for Beginners...and Beyond:

• Beginner’s Core Training: This 21-minute class focuses on strengthening and improving flexibility, balance, and coordination. Uses MELT techniques to prepare the body to move into alignment gaining precision with Pilates based class. Takes the foundation for all human movement!

• Intermediate Core Training: This 21-minute class is designed for those starting out and includes the core movements of Pilates. Increases strength, flexibility, and balance while you propel yourself forward on the mat. Each exercise is done in 30-second intervals. You’ll be stronger for being together on the mat.

• Intermediate/Instructor: Zoom Meeting ID No: 342 717 6990

MELT Method:

• MELT Medical (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• MELT Medical (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• MELT Medical (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• MELT Medical (Deb): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Better Bones & Balance:

• Better Bones & Balance (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Better Bones & Balance (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Better Bones & Balance (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Better Bones & Balance (Lori): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Better Bones & Balance (Alyssa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Yoga Flow:

• Yoga Flow (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Lori): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Alyssa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Yoga Flow for Beginners:

• Yoga Flow for Beginners (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Beginners (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Beginners (Deb): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Beginners (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Yoga Flow for Seniors:

• Yoga Flow for Seniors (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Seniors (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Seniors (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow for Seniors (Deb): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Strength & Sculpt:

• Strength & Sculpt (Melissa): This class is designed to gradually improve balance and strength to avoid falls and maintain independence. Using resistance equipment will make you stronger. You may need to wear loose fitting or athletic clothing for this class. Strength & Sculpt decreases the chances of bone density loss and reduce your risk of falls.

• Strength & Sculpt (Mana): This class is designed to gradually improve balance and strength to avoid falls and maintain independence. Using resistance equipment will make you stronger. You may need to wear loose fitting or athletic clothing for this class. Strength & Sculpt decreases the chances of bone density loss and reduce your risk of falls.

• Strength & Sculpt (Becca): This class is designed to gradually improve balance and strength to avoid falls and maintain independence. Using resistance equipment will make you stronger. You may need to wear loose fitting or athletic clothing for this class. Strength & Sculpt decreases the chances of bone density loss and reduce your risk of falls.

• Strength & Sculpt (Deb): This class is designed to gradually improve balance and strength to avoid falls and maintain independence. Using resistance equipment will make you stronger. You may need to wear loose fitting or athletic clothing for this class. Strength & Sculpt decreases the chances of bone density loss and reduce your risk of falls.

• Strength & Sculpt (Alyssa): This class is designed to gradually improve balance and strength to avoid falls and maintain independence. Using resistance equipment will make you stronger. You may need to wear loose fitting or athletic clothing for this class. Strength & Sculpt decreases the chances of bone density loss and reduce your risk of falls.

Yoga for Relaxation:

• Yoga for Relaxation (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga for Relaxation (Mana): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga for Relaxation (Deb): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga for Relaxation (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga for Relaxation (Alyssa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

Yoga Flow:

• Yoga Flow (Melissa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

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• Yoga Flow (Deb): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Becca): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

• Yoga Flow (Alyssa): This 60-minute class bring both floor and standing postures together with the breath creating the “flow” of Yoga. You will focus on being in control of your breath through ease of movement. This class works the entire body from head to toe.

For the month of April, the following classes are being offered to All Members.

Go to Zoom Meeting: https://zoom.us/j/618592280

Instructor/Personal Trainer—Bruce Rife.

Instructor/Personal Trainer—Manon.

Instructor/Personal Trainer—Alyssa.

Instructor/Personal Trainer—Jaclyn.

Instructor—Becca.

Instructor—Deb.

Instructor—Mana.

Instructor—Melissa.

Instructor/Personal Trainer—Mona.

Instructor/Personal Trainer—Kris.

Instructor/Personal Trainer—Michelle.

Instructor/Personal Trainer—Kris.

Class Instructors

Class Schedule

Welcome!

Special thank you to All Members for your participation and support. If you have any questions or concerns about your health, you should always consult with a physician or other health care provider because of something you may hear during this class. The use of any information or instruction provided in this class is solely at your own risk.

Disclaimer

If at any time during this class you feel you are having a medical or health emergency, call your health care professional, or 911, immediately.